



Wellness Wednesdays



Focus of the Month: GIVING

"We make a living by what we get, but we make a life by what we give."

— Winston Churchill

Self-care is the best present to give yourself this stressful holiday season. When you mix in everyday stressors with the holiday season and life during a worldwide pandemic, it may undoubtedly feel very overwhelming. However, it is understandable to feel overwhelmed or undervalued when you are giving your attention and energy to others, and not paying enough attention to your own needs. As we noted last week, 'Self-Care' should be unique to you as an individual, and it is essential for you to create a plan that is realistic and manageable for you. Your self-care activities should give you energy and bring you joy!

Self-Care Activities:

For the month of December, we are focusing on GIVING! Below are a few ideas of the Best Gifts you could give YOURSELF:

- 1. A Positive Attitude.** There's power in looking on the bright side, no matter what your circumstances (research says so!).
- 2. Rest.** You can do anything but not everything. Burning out just to prove yourself is no way to live, so allow yourself those moments of meditation or even just a lazy Sunday -- your work and your life will be much better in the long run, I promise.
- 3. Good health.** This goes for your body *and* your mind. They're both inextricably linked. Find a fitness routine that you love, eat delicious vegetables and *always, always, always* keep in tune with your emotions.
- 4. Kindness.** Express compassion, especially toward yourself. Research shows there are so many benefits, whether it's accepting ourselves or extending niceties to other people. Kindness is the gift that keeps on giving because it makes the world a better place.
- 5. A Digital Detox.** Social media is *exhausting*, and we're constantly comparing our lives to those in our social media feeds. Give yourself a tiny break. You may be disconnected from your screen, but you'd be amazed at how connected you really feel.

- Adapted from the huffpost.com

Sharing is Caring:

Use this link <https://www.windhamps.org/apps/pages/SEL> for access to our District SEL page, and previous resources about Wellness Wednesdays: Please email us at WellnessWednesdays@windham.k12.ct.us to share ideas, feedback, and any images related to Wellness/Self-Care.



Thank You for Sharing!

To the left is an image that was shared by Central Office. The Gratitude Board was inspired by our initial Wellness Wednesdays presentations in November which focused on Gratitude.

RECIPE OF THE WEEK:



Potato Latkes

Ingredients:

- 2 cups peeled and shredded potatoes
- 1 tablespoon grated onion
- 3 beaten eggs
- 2 tablespoons all-purpose flour
- 1 1/2 teaspoon salt
- 1/2 peanut oil for frying

Instructions:

Place the potatoes in a cheesecloth and wring, extracting as much moisture as possible. In a medium bowl stir the potatoes, onion, eggs, flour, and salt together. In a large heavy-bottomed skillet over medium-high heat, heat the oil until hot. Place large spoonful of the potato mixture into the hot oil, pressing down on them to form 1/4 to 1/2 inch-thick patties. Brown on one side, turn and brown on the other. Let drain on paper towels.

Serve hot!

Enjoy!